

PD DR. MED. J.-P. GUTZWILLER, DR. MED. N. LINDENMANN,
DR. MED. ST. SCHLOSSER, MED. PRACT. K. SCHUSTER,
DR. MED. S. TAHA
FMH MAGEN- UND DARMKRANKHEITEN
Zürcherstrasse 61, 8800 Thalwil, Tel. 044 720 34 35, FAX 044 720 34 38
praxis@magendarm-thalwil.ch

PREPARATION FOR COLONOSCOPY

1 pm – 8 pm

Name of the patient:

Date of the examination: Time:

For questions please contact us in time!

2 days before the examination please eat a fiber-free diet!

Allowed: Bread without seeds, pasta, rice, potatoes without skin, fish, meat, yoghurt without fruit pieces, cheese, eggs!

Forbidden: salad, vegetables, fruit, mushrooms, cereals, berries, grapes, kiwi, etc.

The day before the examination: after pm don't eat anything any more. It's allowed to drink clear and light liquids.

Allowed: sprite, water, clear apple juice, rivella, light tea (sugar is allowed)... etc.

Forbidden: milk coffee, coke..., etc.

Examination-Day: from till please drink 4 liters of Cololyt (**) (1 liter per hour, every 10 minutes 2 dl)

If the defecation is not clear after 4 liters of Cololyt, please drink more clear liquids!

If you are thirsty or you get a headache, you can drink clear liquids until 2 hours before the examination.

(**) **Preparation of Cololyt:** mix each bag of Cololyt with ½ liter of water and ½ liter of apple juice or orange juice. The solution is better when it's cold.

- ***The preparation should end 2 hours before the examination.***
- ***For 12 hours after the examination is it prohibited to drive a vehicle!!***
- ***The examination takes about 1 ½-2 hours.***
- ***Please bring along your health insurance card and, if applicable, a list of regular medicine that you take.***